

**April 19, 2020**

## **St. Louis County Department of Public Health COVID-19 Update**

### **COVID-19 and Substance Abuse**

COVID-19 poses a particular threat to those in our community who use drugs. Because it attacks the lungs, the coronavirus that causes COVID-19 could result in serious complications for those who smoke tobacco or marijuana or who vape. People who use opioids or methamphetamine may also be vulnerable due to those drugs' effects on respiratory and pulmonary health. This risk is compounded by the fact that people who use drugs often face complex challenges like lack of health care, homelessness, incarceration, or comorbid mental health issues. St. Louis County is committed to supporting this population through the COVID-19 outbreak. The attached document provides further information.

Again, those that have support networks based on interacting with others, peer groups, and meetings will have to identify and utilize other options. There are many service-providers that are providing valuable and free support online.

- Contact Behavioral Health Response (BHR): 314-469-6644 or <http://bhrstl.org/>
- Mid-Missouri Crisis Line: Text "HAND" to 839863
- The ARCHway Institute: <https://thearchwayinstitute.org/>
- National Alliance on Mental Illness (NAMI): 314-962-4670 or <https://www.namistl.org/online-programming/>
- We Connect Health Management: <https://www.weconnectrecovery.com/>
- Smart Recovery: <https://tinyurl.com/ue9yp5a>
- In the Rooms: A Global Recovery Community: <https://www.intherooms.com/home/live-meetings/>

### **Continued Adaptation**

St. Louis County Department of Public Health continues to adapt to best serve the region as we face COVID-19 together. We seek to provide you with the best information possible, while not diluting the message or providing updates that are not consistently valuable. The availability of information contained on the always-evolving website is also a contributing factor for re-evaluating the need for updates seven days a week through this medium. It is possible that these updates may be reduced to five days a week. That decision is in no way indicative of the pandemic being any less significant or present in our community. We should continue to adhere to the preventative measures in place and remain diligent in social distancing and the use of masks.

### **Contact Information**

The Missouri Department of Health and Senior Services hotline can be reached at (877)435-8411.

St. Louis County has created a website dedicated to the dissemination of information relating to COVID-19, [www.stlcorona.com](http://www.stlcorona.com). Please visit that website or those belonging to the Center for Disease Control (CDC) or the World Health Organization (WHO) for the most current and reputable information.



**Sergeant Benjamin Granda**

Public Information Coordinator

314-615-4282

[bgranda@stlouisco.com](mailto:bgranda@stlouisco.com)